

**Foods and Beverages Inventory/Assessment
Tomahawk High School**

LUNCH/BREAKFAST MEALS

The District Nutrition Standards described in Appendix B (Wellness Action Plan) apply to all foods and beverages available in the district, including the High School. The school breakfast and lunch programs comply with the nutritional requirements set forth by USDA. Additional changes listed below have been made to enhance the nutritional value of the reimbursable meals. The high school has beverage vending machines which dispense during non-school hours only. There are no other food vending machines in the school. There are some fund raisers in the high school sponsored by various athletic organizations that involve the selling of food items.

Current food items used in the school breakfast and lunch programs reimbursable meals include the following:

1. Commodity processed products through the state of Wisconsin. (16 items)
2. The traditional brown box commodities available through USDA.
3. DOD fresh fruits and vegetables available through commodity entitlement dollars.
4. Cheese products made available through the commodity cheese processing program.
5. Other CN food items purchased through a bid process include whole grain products whenever possible, no trans fat items, reduced fat or calorie products.
6. All bread/bun products used are whole grain items and include English muffins, hot dog buns, hamburger buns, steak buns, dinner rolls. French bread is not a whole grain product at this time.
7. Most pizza products used are whole grain.
8. Half pints of milk offered at meals include skim white, skim chocolate, and 1% white.
9. Choices of fresh veggies, fresh fruit or fresh salad (mix of romaine and iceberg) are offered often.
10. Lowfat offerings of salad dressing are available; Hyderv dressing is used as a substitute for sour cream.
11. All items prepped for breakfast/lunch are steamed or baked; There is no deep frying; Raw beef is rinsed after cooking until clear; Fresh veggies are steamed if veggies are offered in a cooked state. All fries are baked and free of trans-fat.
12. All cheese used is reduced fat.
13. Dessert items are seldom served. Occasionally, a pudding cup, a rice krispie treat, or a 1 oz. reduced fat cookie are available on the lunch menu.
14. Salt shakers/packets and sugar packets are not used; Salt is not added to fries or cooked vegetables.
15. Canned fruits are packed in water or juice.
16. Whole grain, reduced sugar bowlpack cereals are available for breakfast.

17. Snack chips used on the menu are all whole grain, baked or reduced fat, ie. sunchips, doritos, cheetos.
18. More recipe-made comfort foods are provided as entrée choices at this level.

CAFETERIA ALA CARTE food items available in the High cafeteria for purchase are minimal but include the following: (Nutritional info is attached for the following items listed, with the exception of the milk products)

1. Pints of milk in plastic bottles---Same as available in the school milk vending machine. The smaller size recommended is not available through the dairy.
2. 8 oz. cartons of milk.
3. 12 oz. unflavored Dasani water, 12 oz. Dasani flavored waters, 12 oz. Fuse flavors, 10 oz. apple and orange juice—100% Juice, 12 oz. vitamin water, and 12 oz. V-8 juices
4. Low-fat Avasoft Ice Cream in various flavors in 6 oz. size.
5. Frito-Lay .75-1 oz. size chips including baked cheetos, multigrain sunchips, reduced fat nacho and cool ranch tortilla chips.
6. 4 oz. Yogurt and string cheese
7. .8 oz. Marshmallow crispy squares (Goody Man)
8. Otis Spunkmeyer muffins, 3.6 oz. IW, reduced fat
9. Best Maid cookies, 2 oz. size, reduced fat & calorie
10. Nutri-Grain Bars

VENDING MACHINES in the high school are turned off during school hours and include only beverages, such as pop, diet pop, water, gatorade, propel, and juice. *There are no other vending machines that sell snacks or candy in the building.* However, there is a milk vending machine operated by the food service department which dispenses pint bottles of milk throughout the day for the students.

FUNDRAISERS—There are various fund raisers throughout the year sponsored by different athletic organizations in the High School. Examples of what is sold include: cookie dough, pizzas, \$\$ off the Tomahawk Leader newspaper subscription, among other non-food items.

CONCESSIONS FOR HS SPORTS---Food concessions are available during all home games throughout the year. A more healthful variety of food items, including hot sandwiches has become available this year. They will also be expanding to more food items for next year, as a new concession area for HS sporting events will be built, which will accommodate the additional equipment and space needed to provide more food items, both hot and cold, in a permanent place.